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## **Center for Disabilities**

**Public Information Grant  
2022 – 2023 Highlights**

Kendra Gottsleben, Marketing Communication Specialist

# Public Information Grant 2022 – 2023 Highlights

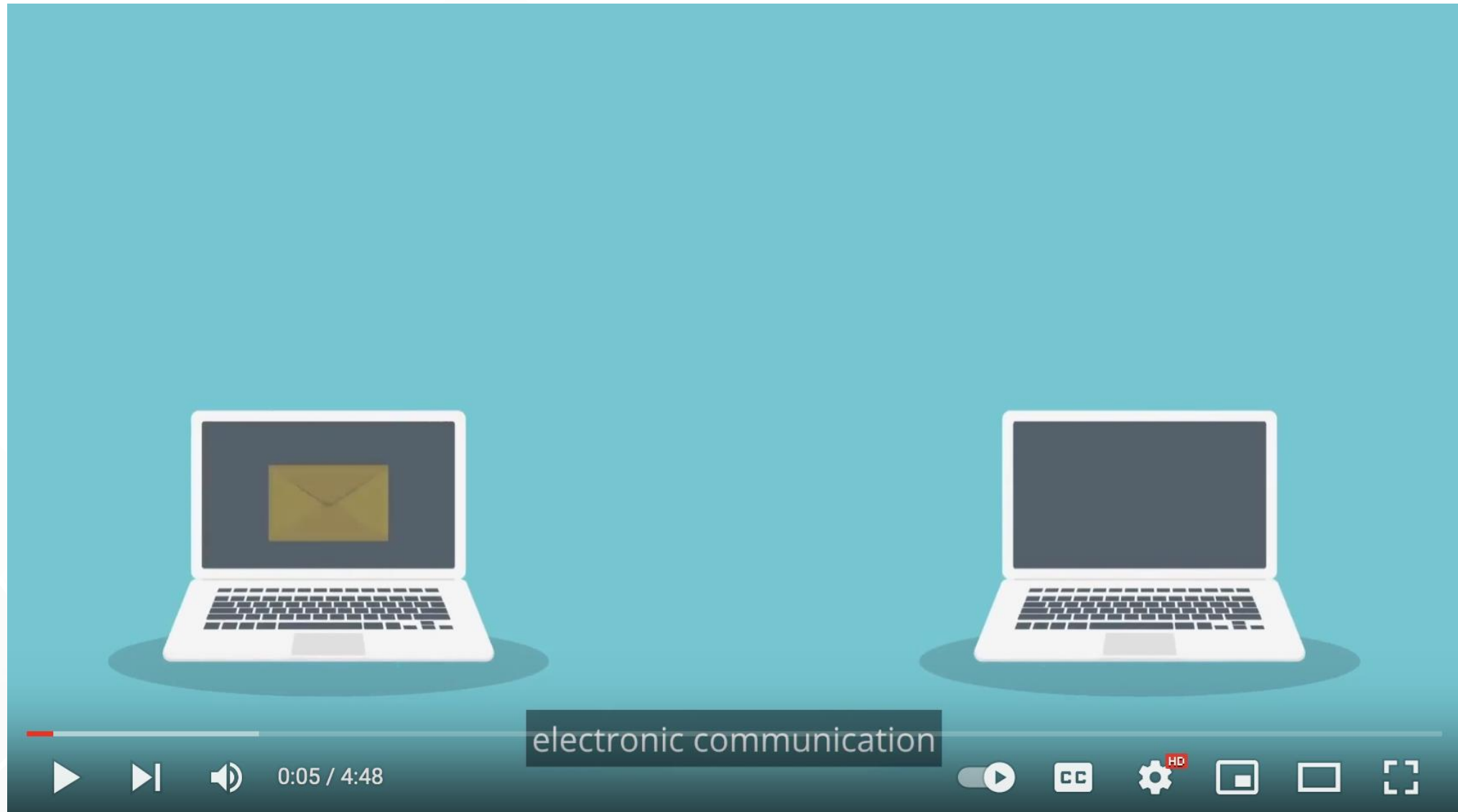


- We at the Center for Disabilities remain committed to continuing and increasing resources that professionals, families and self-advocates value and find useful.
- Being responsive to our state's needs is key to our mission!
- Sharing information on timely topics through videos and infographics have been great avenues for us.
- We will continue disseminating products in areas of emphasis including:
  - a) Resource Guide for People with Disabilities
  - b) Developmental Disabilities Handbook
  - c) Fetal Alcohol Syndrome Handbook
  - d) Autism Spectrum Disorder LibGuide
  - e) Birth to 3 LibGuide
  - f) DeafBlind Program LibGuide
  - g) Other video and printed materials that enhance public knowledge and awareness of developmental disability issues and services important to people with disabilities and their families
  - h) Continued support for dissemination and purchase of current best practice materials for the Wegner Library
  - i) Maintenance of the toll-free number

Self-Advocacy Skills at Work and School, <https://youtu.be/FRvwIkKLde8>



Electronic Communication Tips, <https://youtu.be/TqDuoApp3oo>



2023 South Dakota Advocate for Change Disability Awareness Day, <https://youtu.be/Cd--mZ0BYYM>





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- The Center for Disabilities will continue efforts to ensure resources disseminated are current. One product each year will be targeted to begin updating. Resources from other grants will be assisting in production due to other professionals aiding in updating. For FY24, the Center for Disabilities plans on the **Developmental Disabilities Handbook**. For FY25, another resource will be selected to either update or replace.
- The Center for Disabilities will expand the reach of the Developmental Disabilities Network through:
  - A. Creation and dissemination of information in novel formats
    - Informational videos = 3
    - Infographic materials = 3
    - South Dakota Possibilities magazine = 1
    - Emerging technology
    - Materials which specifically address issues experienced by persons with developmental disabilities in tribal communities

## Coping with Stress



# COPING WITH STRESS



Stress is something that everyone experiences at one time or another, whether it is at your job, with friends, with family, with support staff or as a result of the COVID-19 pandemic. It's important to take steps to manage our stress and focus on what we can control.



WHAT'S STRESSIN' ME OUT?

## TRACK YOUR STRESSORS

Keep a journal to track:

- When you are most stressed
- How you respond to your stress
- Include where it happens, how you feel, who was there and how you reacted. Taking notes can help you find patterns about your stressors and your reactions.



HOW CAN I RESPOND?

## DEVELOP HEALTHY RESPONSES

Exercise is great for reducing stress!

Do things that bring you joy, like hobbies and favorite activities:

- Listening to favorite music
- Singing
- Playing games with family/friends

Getting enough sleep can also help reduce stress.



HOW CAN I RELAX WHEN STRESSED?

## SLOW DOWN YOUR MIND AND BODY

Remain calm. Try breathing deeply. Or repeat a word or phrase that has meaning to you. Or try relaxing your muscles starting at your feet and moving towards your head. When you combine methods such as deep breathing and muscle relaxation, you can lower your stress!



WHAT ELSE CAN I DO TO REDUCE STRESS?

## TALK TO OTHERS

When you feel stressed:

- Take a break
  - Call a friend or family member
- A reassuring voice that makes you feel understood will help you to keep your problems in perspective. If you don't want to talk to family members or friends, talking to a therapist may help.



This publication was supported in part by grant number 2101SDSCDD-01 from the South Dakota Council on Developmental Disabilities.

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## COVID-19 Booster [Shot](#)

### Importance of a COVID-19 Booster Shot

Vaccines are protecting against severe sickness, having to stay in the hospital and people passing away. But the vaccine's helpfulness goes down over time.



Booster shots increase the protection you receive from COVID-19, including variants.



The Omicron variant spreads more easily than the original virus.



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Information gathered from [cdc.gov/coronavirus](https://cdc.gov/coronavirus)

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## Adaptive Clothing

### What is Adaptive Clothing?

Adaptive clothing is clothing designed around the needs and abilities of people with varying disabilities, such as developmental, physical, temporary and chronic illnesses.

Designs of adaptive clothing are influenced by:

- Age
- Type(s) of disability
- Level of independence
- Mobility
- Caregiver assistance

### Adaptive Clothing Key Features



This publication was supported in part by grant number 2201SDSCDD-02 from the South Dakota Council on Developmental Disabilities.

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## Winter Safety Tips

# Winter Safety Tips

❄ Winter can be a brutal season, especially for those living with disabilities who may have difficulties moving or regulating their body temperature. Here are some tips to stay safe and healthy outdoors during the winter months. ❄



## Avoid Cotton and Wear Layers

- ⚠ Avoid cotton because when it gets wet and cold, it stays wet and cold
- ⚠ Try clothing made of fabric that pulls moisture away from your body
- ⚠ Dress in layers; the air between layers warms up and keep you warmer



## Keep Your Hands Warm

- ⚠ Carry two pairs of gloves with you at all times in case one pair gets wet
- ⚠ Use mittens to keep your hands warm if opening fingers is challenging



## Protect Your Skin

- ⚠ Consistently check for any exposed skin
- ⚠ Apply sunscreen or Vaseline to the areas of your face that are not going to be covered; even during winter, sunburn and dry, chapped skin is possible



## Hydrate!

- ⚠ Drink lots of water; when your body gets dehydrated, cold sets in more easily and skin becomes dried out quicker in winter than in summer



## Winter Tips for Wheels and Walkers

- ⚠ If you use a wheelchair, bicycle or walk make sure to always have your phone fully charged and with you in case your wheels get stuck in the snow somewhere

This publication was supported in part by grant number 2101SDSCDD-01 from the South Dakota Council on Developmental Disabilities.



## Disability Awareness Day [2023](#)

# South Dakota Advocates for Change

## Key Takeaways Disability Awareness Day 2023

Members of South Dakota Advocates for Change had a successful gathering as part of Disability Awareness Day on February 22, 2023 at the South Dakota State Capitol in Pierre. In addition to spreading awareness of issues that affect people with disabilities, the group had a few key takeaways from the day:



Advocates in attendance enjoyed being introduced in both the House of Representatives and Senate. They felt proud for taking part in the day and expressed that they all want to come back and continue spreading awareness.



Advocates gained knowledge of who their representatives are in their district and realized that they are just like them and are available to talk over coffee, much like a friend or neighbor.



Advocates also voiced that they would like to learn more from state legislators about how to improve bills that impact people with disabilities as well as how to bring more people together to discuss these important issues.

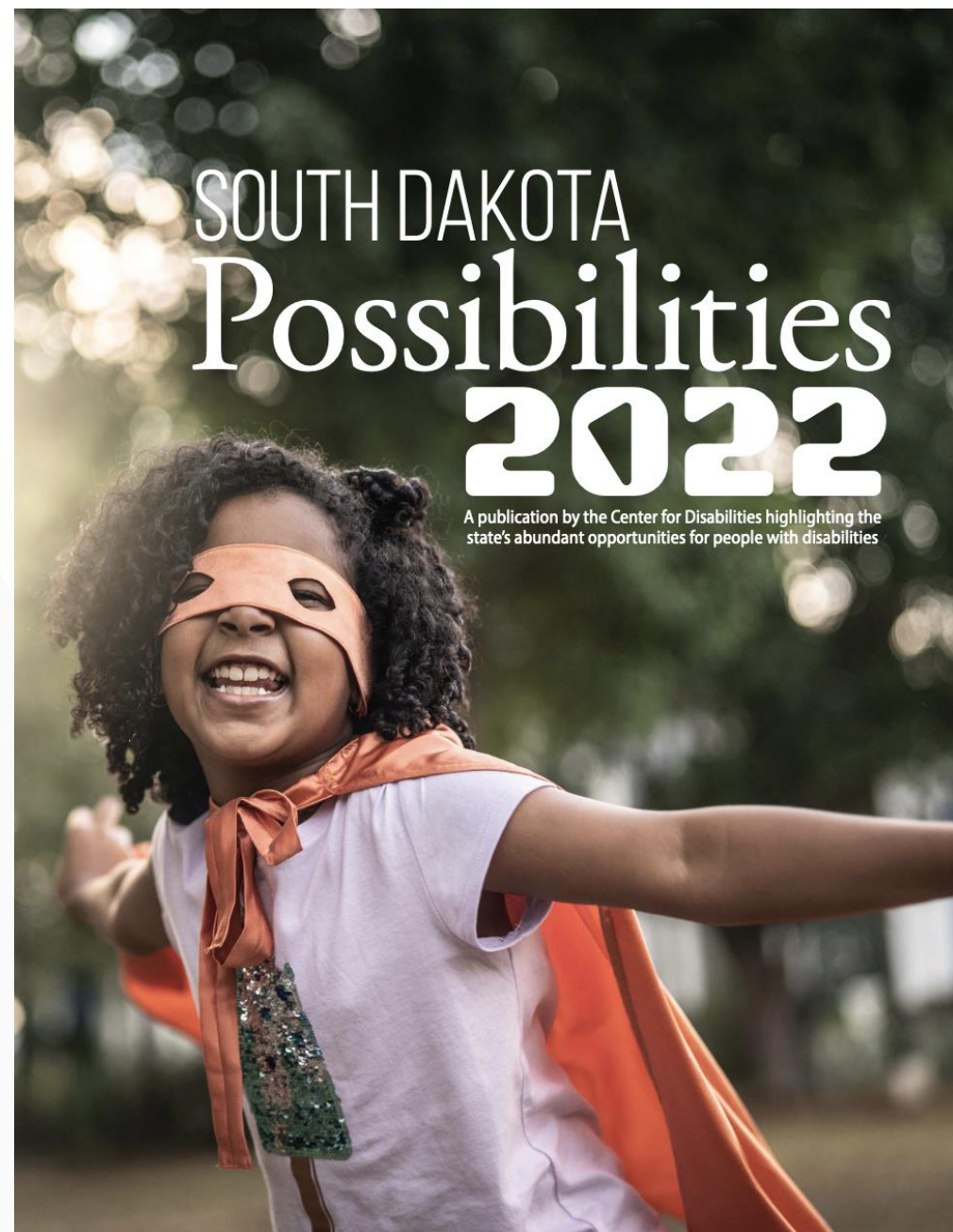
This publication was supported in part by federal funding from the Administration on Community Living to the South Dakota Council on Developmental Disabilities through grant number 21050SCDD-01.





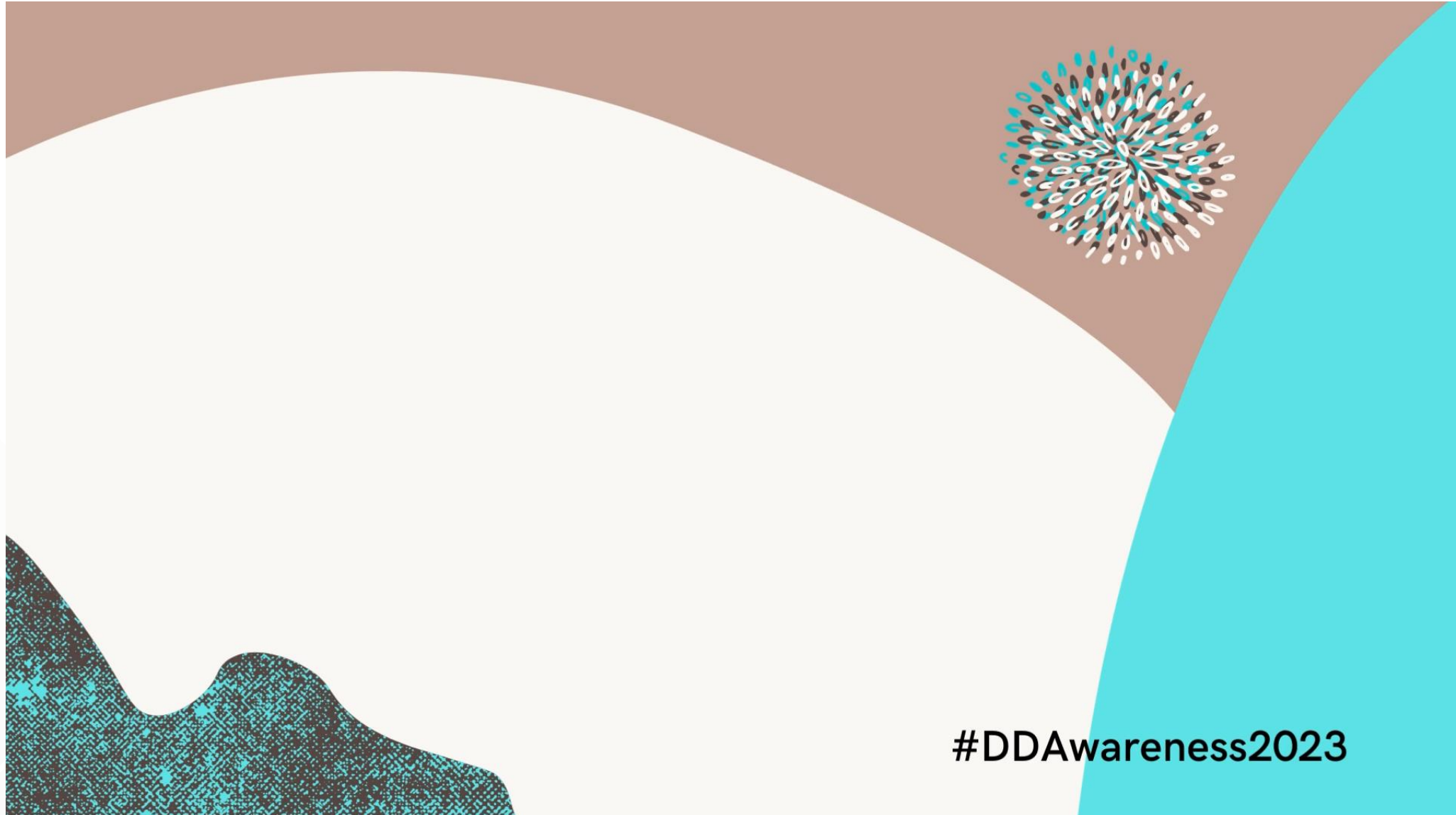
[South Dakota Possibilities Magazine](#)

Distributed 1,025



## Disability Day at the SD Capital 2023 Gif

## Developmental Disabilities Awareness Month 2023 Gif





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B. Continued expansion of South Dakota specific photos

- Creation and expansion of bank of images for use in multiple illustrations (including culturally responsive images, and images that are representative of the entire population)

C. Increase visibility of the South Dakota Developmental Disabilities Council through multiple formats relating to and highlighting current initiatives and special occasions and events.

- Continued support for posting on the SD Council on Developmental Disabilities' Facebook Page
  - Primary management by Center staff
  - Administrative rights shared by South Dakota Council on Developmental Disabilities and Center for Disabilities
- Images
- Other formats as suggested or requested





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- We will be implementing using a captioning service for videos created. The captioning services is more accurate and quicker than a Center staff person doing it.
- The University of South Dakota has been working on creating a new and updated website that will be accessible to all.
  - Meaning all documents, images and text will be screen reader approved and will have alt text. All website visitors will have access to information.
  - USD will no longer allow anything to be added to the website USD-wide that is not accessible to all.

# Public Information Grant 2022 – 2023 Highlights



This year's video topics covered:

- Self-Advocacy Skills at Work and School, <https://youtu.be/FRvwIkKLde8>
- Electronic Communication Tips, <https://youtu.be/TqDuoApp3oo>
- 2023 SD Advocate for Change Disability Awareness Day, <https://youtu.be/Cd--mZ0BYYM>

This year's infographic topics covered:

- Adaptive Clothing
- Winter Safety Tips
- Disability Awareness Day 2023

# Product Development & Information Dissemination

- Distribution of knowledge-based information through UCEDD/LEND developed products and activities.
  - Meetings with state agencies, policymakers, and other agencies that involve the communication, dissemination, and distribution of information about the Center
  - Public Information & Resources to SD
  - Webpage, Facebook, Twitter, other social media
  - Distribution of brochures, pamphlets, and other publications
  - Magazine articles & radio/TV spots
  - Traditional professional presentations and publications

FY 2022	Number of Activities	Number of Participants
	109 new / 41 ongoing	36,849

**97% Satisfaction rate**



Questions??